

# group exercise calendar

## GROUP EXERCISE CLASSES

FREE WITH BASIC MEMBERSHIP AND ALL ACCESS PASSPORT MEMBERSHIP

NON MEMBERS CAN DROP INTO ANY CLASS WITH DAILY DROP-IN RATE

CLASSES	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ab Workout	Aerobics Studio	5:00pm-5:15pm			6:00pm-6:15pm			
Body Sculpting	Aerobics Studio			6:00pm-6:50pm				
Boot Camp	Aerobics Studio						8:30am-9:20am	
Functional Fitness Flow	Aerobics Studio		10:00am-10:50am (Begins 9/7/21)		10:00am-10:50am (Begins 9/9/21)			
Kickboxing	Aerobics Studio		6:30pm-7:20pm					
Senior Strength and Stretch	Aerobics Studio			10:15am-11:00am				
Zumba	Aerobics Studio	6:30pm-7:20pm		7:15pm-8:05pm	7:30pm-8:20pm		9:45am-10:35am	
Beginner Yoga	Aerobics Studio				10:15am-11:00am			
Buddy Yoga	Aerobics Studio	11:30am-12:00pm						
Senior Yoga	Aerobics Studio	10:15am-11:00am						
Yoga Flow and Yin	Aerobics Studio	5:15pm-6:05pm			6:15pm-7:05pm			
Aquasize	Pool	9:00am-9:50am		9:00am-9:50am				
Restorative Aquafit	Pool		9:00am-9:50am		9:00am-9:50am			

Classes are subject to change. Notification will be made in the event that a class is cancelled. Sign up for text alerts: Text @MPGroupx to 81010. Check the group exercise calendar on our website for more information.

Updated 7.8.2021